BLADEZ®
FITNESS

Sears Item # 21978

SXpro

OWNER'S MANUAL

Important: Read all instructions carefully before using this product. Retain this owner's manual for future reference.

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BLADEZ®
FITNESS

TABLE OF CONTENTS

Title	Page
Introduction	03
Warnings & Labels	04
Safety Information	05
Exercise Instruction	06
Training Guidelines	07
Workout and Stretching	11
Overview	13
Assembly Instructions	14
Operational Instructions	17
Console Overview	19
Console Operations	20
Maintenance & Cleaning	21
Exploded View Drawing	22
Parts List	23
Warranty	24

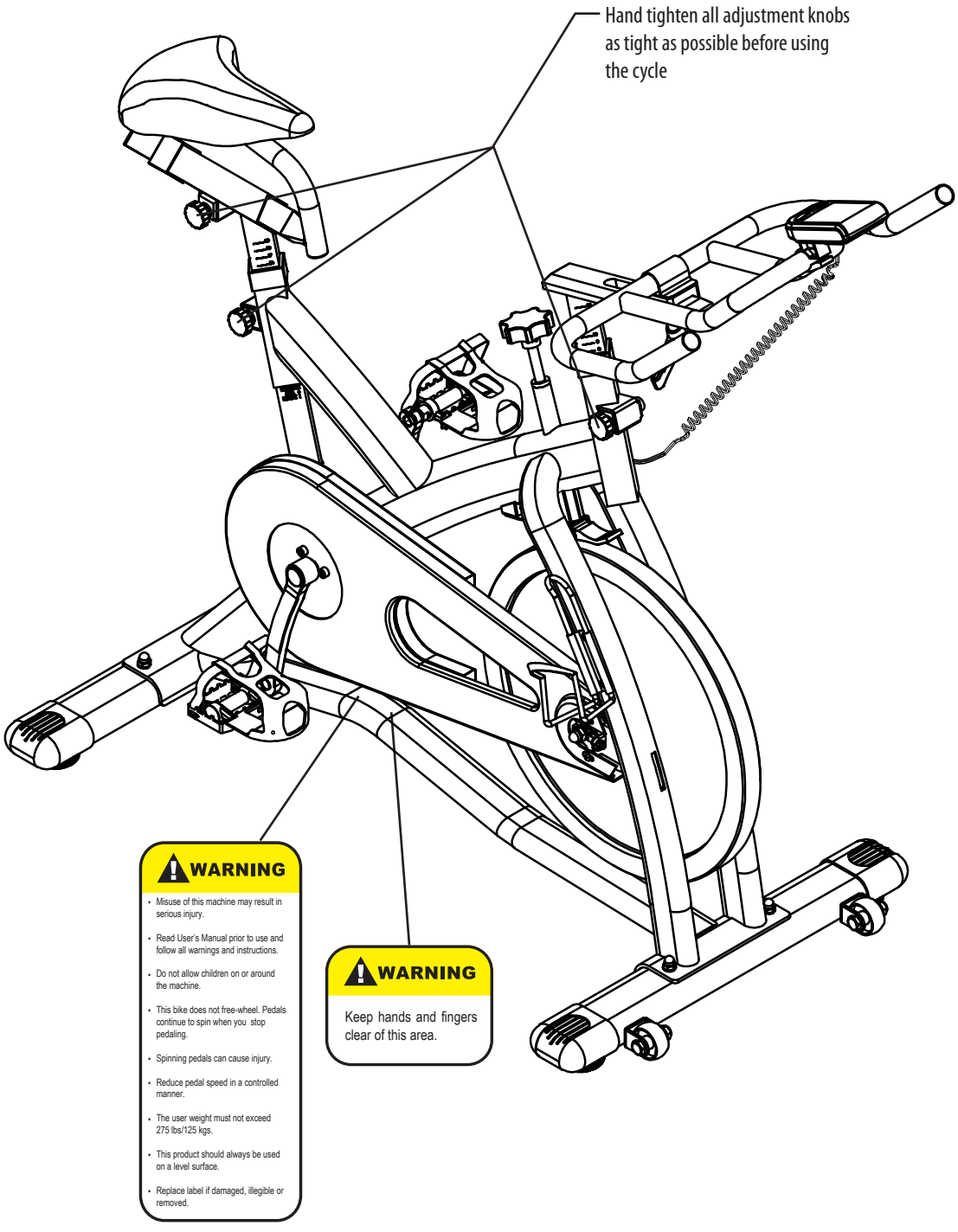
CONGRATULATIONS

Congratulations on your purchase of Bladez Fitness equipment. We hope you appreciate the style, quality, and value that exercisers across North America have come to expect from Bladez Fitness.

If you have any questions, concerns or product issues, do not return the equipment to the retail store. Instead, please call our Customer Service at 1-866-325-2339 or email us at CustomerSupport@BHNorthAmerica.com.

Carefully read through the instructions contained in this manual. They provide you with important information about assembly, safety, fitness and use of the machine. Please read ALL the safety information contained on the following page.

WARNINGS AND LABELS


Hand tighten all adjustment knobs as tight as possible before using the cycle
WARNING
• Misuse of this machine may result in serious injury.
• Read User's Manual prior to use and follow all warnings and instructions.
• Do not allow children on or around the machine.
• This bike does not free-wheel. Pedals continue to spin when you stop pedaling.
• Spinning pedals can cause injury.
• Reduce pedal speed in a controlled manner.
• The user weight must not exceed 275 lbs/125 kgs.
• This product should always be used on a level surface.
• Replace label if damaged, illegible or removed.
WARNING
Keep hands and fingers clear of this area.

BLADEZ® FITNESS

SAFETY INFORMATION

PRECAUTIONS

The machine has been designed and constructed to provide maximum safety. Nevertheless, certain precautions should be taken when using exercise equipment. Read the whole manual before assembling and using the machine. Please observe the following safety precautions:

1. Keep children and pets away from this equipment at all times. DO NOT leave them unsupervised in the room where the the machine is kept.
2. If you experience dizziness, nausea, chest pains or any other symptom while using this machine STOP the exercise. SEEK IMMEDIATE MEDICAL ATTENTION!
3. Use the machine on a level and solid surface. Adjust the stabilizer for stability.
4. Keep your hands away from any of the joints and moving parts.
5. Wear clothing suitable for doing exercise. Do not wear baggy clothing that might get caught in the machine. Always wear athletic shoes when using the machine and tie the laces securely.
6. This machine must only be used for the purposes described in this manual. DO NOT use accessories that are not recommended by Bladez Fitness.
7. Do not place sharp objects near the machine.
8. Any person with physical or coordination limitations should not use the machine without the assistance of a qualified person or doctor.
9. Do warm-up stretching exercises before using the equipment.
10. Do not use the machine if it is not working correctly.
11. Before using the machine, thoroughly inspect the equipment for proper assembly.
12. Keep a perimeter of 3 feet (1 meter) around the machine before assembling and operating the equipment.
13. This machine is not suitable for therapeutic or commercial use.
14. Use only authorized and trained technicians if a repair is needed.
15. Please follow the advice for correct training, as detailed in the Training Guidelines.
16. This machine has been designed for home use, not for commercial use.
17. Use only the tools provided to assemble this machine.
18. This machine was designed for a maximum user weight of 275 lbs (125 kgs)
19. The machine can only be used by one person at a time.
20. The moving pedals can cause injury. Pedal speed should be reduced in a controlled manner.
21. This bike does not free-wheel. You can stop the bike immediately by pushing down the emergency brake knob while you are exercising.
22. Do not ride the bike in a standing position.

Caution: Consult your doctor before beginning to use the machine or any exercise program. Read all of the instructions before using any exercise equipment.

KEEP THESE INSTRUCTIONS SAFE FOR FUTURE USE.

EXERCISE INSTRUCTION

Use of the machine offers various benefits; it will improve fitness, muscle tone and when used in conjunction with a calorie controlled diet, it will help you lose weight.

1. Consult your doctor before starting any exercise program. It is advisable to undergo a complete physical examination.
2. Work at the recommended exercise level. Do not over exert yourself.
3. If you feel any pain or discomfort, stop exercising immediately and consult your doctor.
4. Wear appropriate clothing and footwear for the exercise; do not wear loose clothing; do not wear leather soled shoes or footwear with high heels.
5. It is advised that you do warm-up stretches before working out.
6. Step on to the equipment slowly and securely.
7. Select the program or workout option that is most closely aligned with your workout interests.
8. Start slowly and work your way up to a comfortable pace.
9. Be sure to cool down after your workout.

TRAINING GUIDELINES

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

- Increased capacity for physical work (strength endurance)
- Increased cardiovascular (heart and arteries/veins) and respiratory efficiency
- Decreased risk of coronary heart disease
- Changes in body metabolism, e.g. losing weight
- Delaying the physiological effects of age
- Reduction in stress, increase in self-confidence, etc.

There are several components of physical fitness and each is defined below.

STRENGTH
The capacity of a muscle to exert a force against resistance. Strength contributes to power and speed.

MUSCULAR ENDURANCE
The capacity to exert a force repeatedly over a period of time, e.g. it is the muscular endurance of your legs to carry you 10 km without stopping.

FLEXIBILITY
The range of motion of your joints. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness, and it provides increased resistance to muscle injury or soreness.

CARDIO-RESPIRATORY ENDURANCE
The most essential component of physical fitness. It is the efficient functioning of the heart and lungs.

AEROBIC FITNESS
Is an exercise of relatively low intensity and long duration, which depends primarily on the aerobic energy system. Aerobic means "with oxygen", and refers to the use of oxygen in the body's metabolic or energy-generating process. Many types of exercise are aerobic, and by definition are performed at moderate levels of intensity for extended periods of time.

ANAEROBIC TRAINING
Is an exercise intense enough to trigger anaerobic metabolism. This means “without oxygen” and is the output of energy when the oxygen supply is insufficient to meet the body’s long term energy demands. (For example, a 100 meter sprint.)

OXYGEN UPTAKE

The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased VO2 Max indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen, and of the muscles to take up oxygen.

THE TRAINING THRESHOLD

This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.

OVERLOAD

This is where you exercise above your comfort level. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, the training threshold should rise. Working through your program and gradually increasing the overload factor is important.

PROGRESSION

As you become more fit, a higher intensity of exercise is required to create an overload and therefore provide continued improvement.

SPECIFICS

Different forms of exercise produce different results. The type of exercise that is carried out is specific to the muscle groups being used and to the energy source involved. There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

REVERSIBILITY

If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

WARM-UP

Every exercise program should start with a warm-up where the body is prepared for the effort to come. It should be gentle and preferably use the muscles group to be involved later. Stretching should be included in both your warm-up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise.

WARM DOWN OR COOL DOWN

This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly to the central circulation, pooling of blood may occur in the muscles.

HEART RATE

As you exercise, your heart beat increases. This is often used as a measure of the required intensity of an exercise. You need to exercise hard enough to condition your circulatory system, and increase your pulse rate, but not enough to strain your heart.

Your initial level of fitness is important when developing an exercise program for you. When starting, you can get a good training effect with a heart rate of 110-120 beats per minute (BPM). If you are more fit, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves. The following table is a guide to those who are "starting fitness."

Age Target Heart Rate	25	30	35	40	45	50	55	60	65
10 Second Count	23	22	22	21	20	19	19	18	18
Beats per Minute	138	132	132	126	120	114	114	108	108

PULSE COUNT

The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers) is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn't as accurate.

The target is not a magic number, but a general guide. If you're above average with your fitness, you may work comfortably a little above that suggested for your age group. The following table is a guide.

Age Target Heart Rate	25	30	35	40	45	50	55	60	65
10 Second Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you over exercise. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.

Two final comments: (1) don't be concerned with day to day variations in your pulse rate, being under pressure or not enough sleep can affect it; (2) your pulse rate is a guide, don't become a slave to it.

MUSCLE SORENESS

For the first week or so, muscle soreness may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.

If you experience major discomfort, you may be on a program that is too advanced, or you have increased your program too rapidly.

If you experience PAIN during or after exercise, your body is telling you something. Stop exercising and consult your doctor.

WHAT TO WEAR

Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. It is advisable to wear a pair athletic shoes.

BREATHING DURING EXERCISE

Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

REST PERIODS

Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again. The rest period required between exercises may vary from person to person.

SUGGESTED STRETCHES

Head Rolls

Rotate your head to the right for one count while feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.

Shoulder Lifts

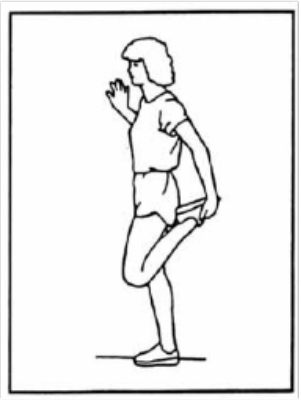
Lift your left shoulder up toward your ear for one count. Then lift your right shoulder up for one count as you lower your left shoulder.

Side Stretches

Open your arms to the side and continue lifting them until they are over your head. Reach your left arm as far upward as you can for one count. Feel the stretch up your left side. Repeat this action with your right arm.

Quadriceps Stretch

With one hand against a wall for balance, reach behind you and pull your left foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with right foot up.

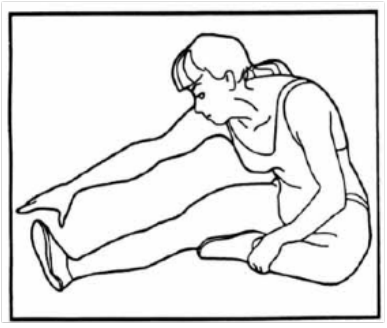


SUGGESTED STRETCHES

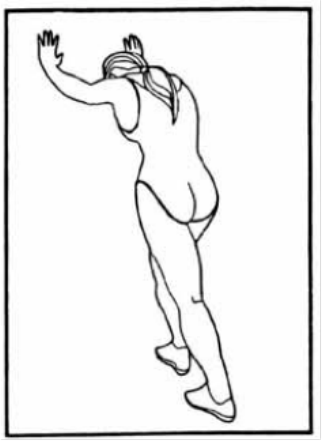
Inner Thigh Stretch
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

Toe Touches
Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

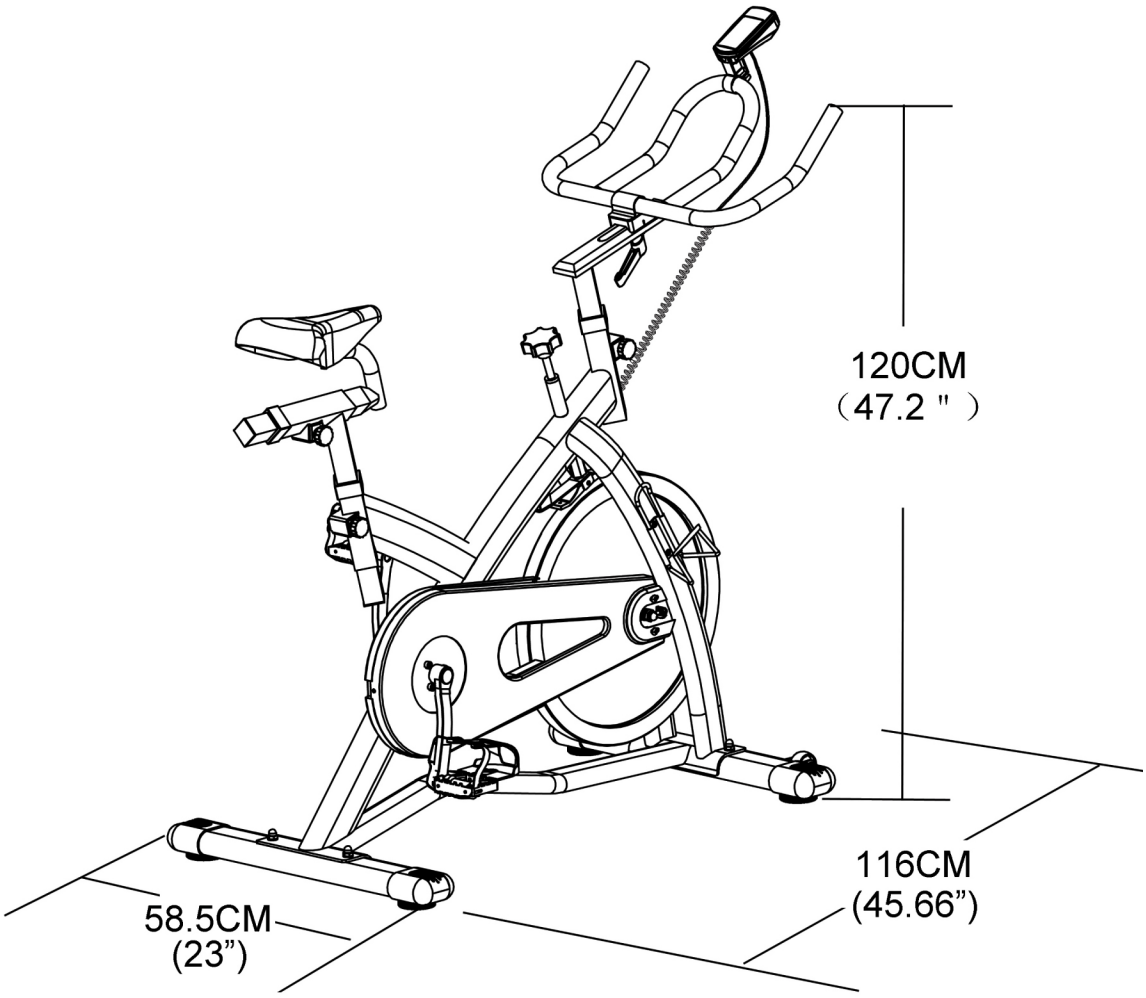
Hamstring Stretches
Sit with your right leg extended. Rest the soles of your left foot against your right inner thigh. Stretch toward your toes as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



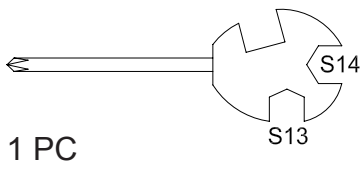
Calf/Achilles Stretches
Lean against a wall with your right leg in front of the left and your arms forward. Keep your left leg straight and the right foot on the floor; then bend the right leg and lean forward by moving your hip toward the wall. Hold, then repeat on the other side for 15 counts.



OVERVIEW



TOOLS TO USE



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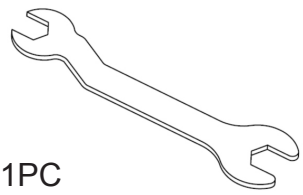


1PC

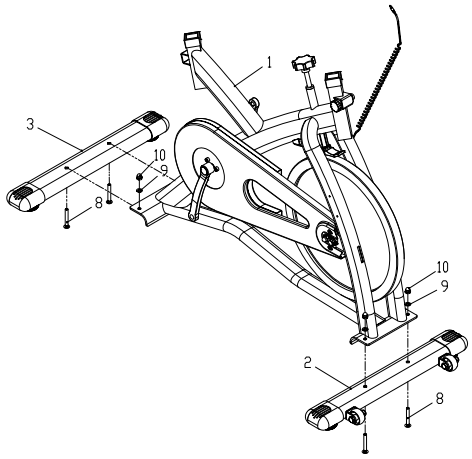
Note: The following tools are included and are the only tools necessary for assembly

ASSEMBLY INSTRUCTIONS

STEP 1

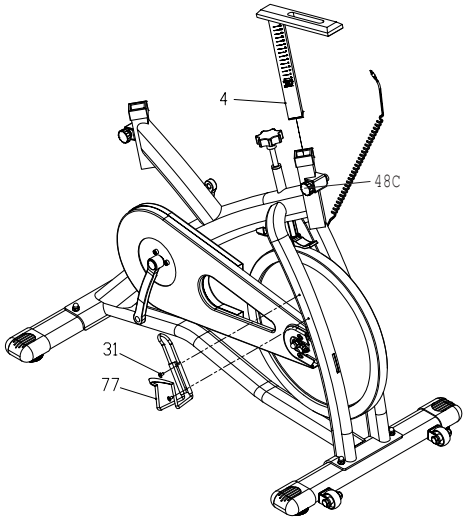
A) Secure the front stabilizers (2) to the main frame (1) and attach it with carriage bolts (8), washers (9), and dome nuts (10).

B) Secure the rear stabilizer (3) to the main frame (1) and attach it with carriage bolts (8), washers (9), and dome nuts (10).



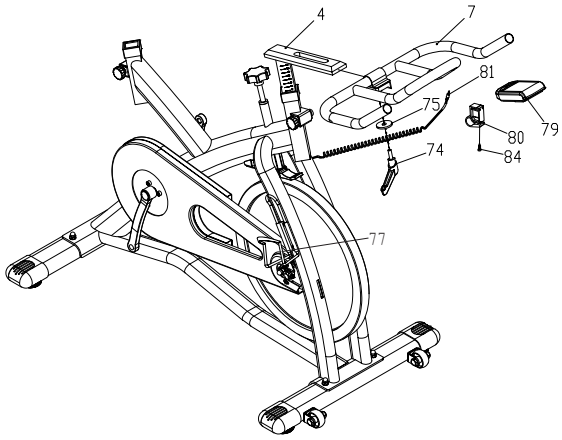
STEP 2

Slide the handlebar post (4) into the main frame (1) and tighten the knob (48C) to secure. Loosen the two bolts (31) on the frame. Position the water bottle holder (77) then tighten the bolts.



STEP 3

Attach the handlebar (7) to the handlebar post (4) and secure (tighten) it with the L shaped knob (74) and washer (75).



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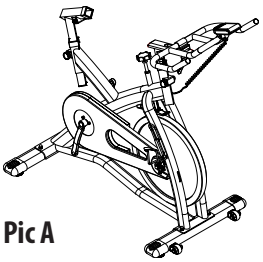
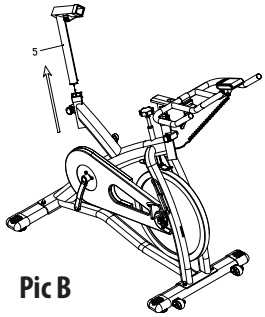
STEP 4

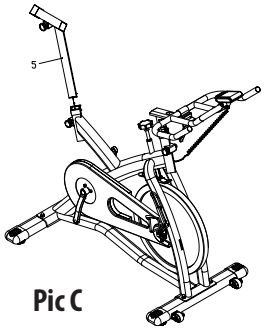
For packing reasons, seat post (5) was inserted in a reveresed position (Pic A) into the main frame tube. Please remove the seat post (Pic B) and the turn the seat post to where it is angled back (Pic C). Insert it into the main frame again and tighten the knob(48B) to secure (Pic A-D).



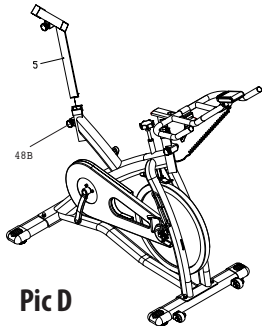
Pic A



Pic B



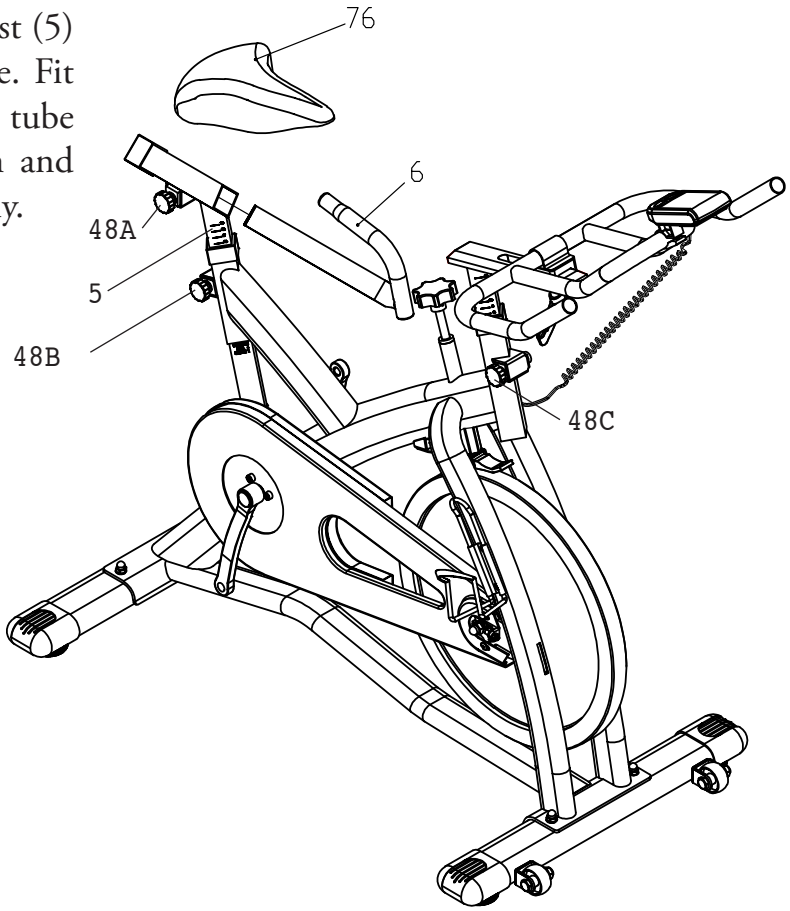
Pic C



Pic D

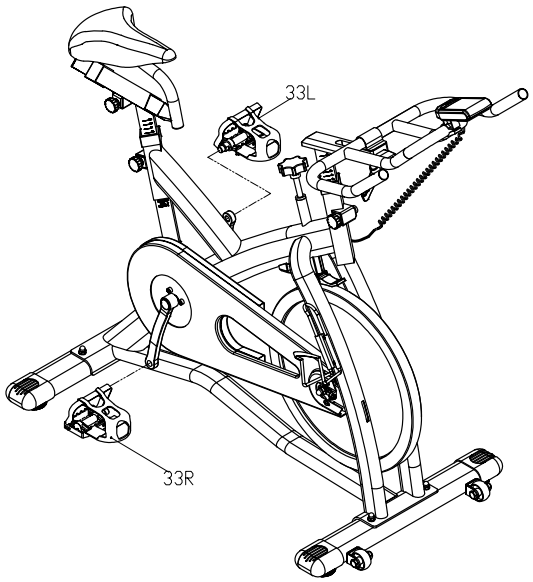
STEP 5

Slide the seat tube (6) into the seat post (5) and tighten the knob (48A) to secure. Fit the saddle (76) bracket onto the seat tube (6), then fit the saddle into position and tighten the nuts on the bracket securely.



STEP 6

Carefully hand thread each pedal (33L & 33R) into its crank arm (36L & 36R). Failure to follow the directions can result in damage to either the crank, or pedal threads, or both.

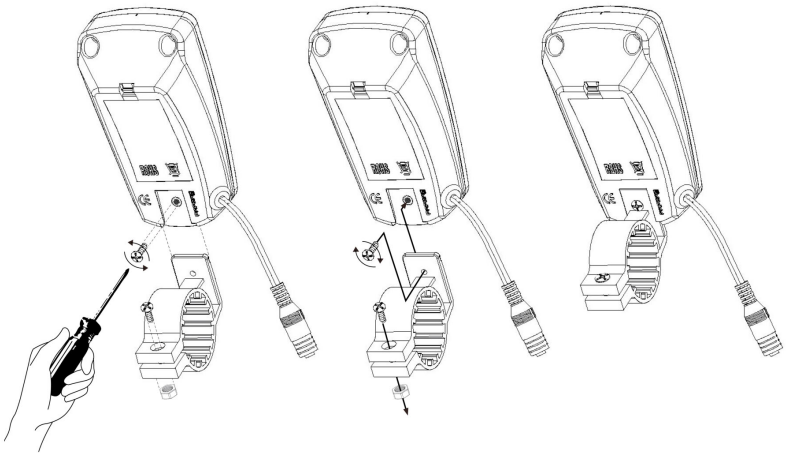


The right-hand pedal (33R), marked with the letter "R", screws onto the right-hand crank, in a clockwise direction. Tighten securely with the provided wrench.

The left-hand pedal (33L), marked with the letter "L", screws onto the left-hand crank in a counterclockwise direction. Tighten securely with the provided wrench.

STEP 7

Attach the computer holder (80) onto the handlebar (7) then attach the computer (79) to the computer holder (80). Insert the computer cable (81) into the jack on the side of the computer.



Note: this assembly step requires a screw driver (not included) for the M3 & M4 bolts that are in the console box.

OPERATIONAL INSTRUCTIONS

RESISTANCE ADJUSTMENT:
To provide an even level of exertion during exercise, this machine is equipped with a tensioning controler (61).This provides various exertion settings when turned. To increase pedal resistance, turn the tensioning control clockwise until the exertion level best suits your exercise requirements. To reduce pedal resistance, turn the tensioning control counter clockwise.

HOW TO LEVEL THE BIKE:
There are 4 knobs under the stabilizers. Adjust the knobs if the bike is not level with the floor.

BELT ADJUSTMENT:
The belt on your bike has been preadjusted and should not require immediate attention. Continuous use of the bike may cause the belt to stretch or become loose, causing the need for bike adjustments. If so, simply loosen the bolts on both side of flywheel and tighten the hex nut until the belt becomes tight.

ADJUSTING THE SEAT HEIGHT:
Loosen the saddle post knob (48B) on frame slightly by turning it counter 0clockwise, move the saddle to a position comfortable for doing exercise and then tighten the knob (48B) securely by turning it clockwise. Please don't exceed the maximum markings that is shown on seat post.

HORIZONTAL ADJUSTMENT OF THE SEAT:
Loosen the knob (48A) on seat tube slightly by turning it counter clockwise. Move the saddle to a position comfortable for doing exercise, and then tighten the knob securely by turning it clockwise. Please don't exceed the maximum markings that is shown on seat tube.

ADJUSTING THE HANDLEBAR HEIGHT:
Position the handlebar at a comfortable distance for doing exercise but without going beyond the "MIN INSERT" mark, then tighten knob securely (48C).

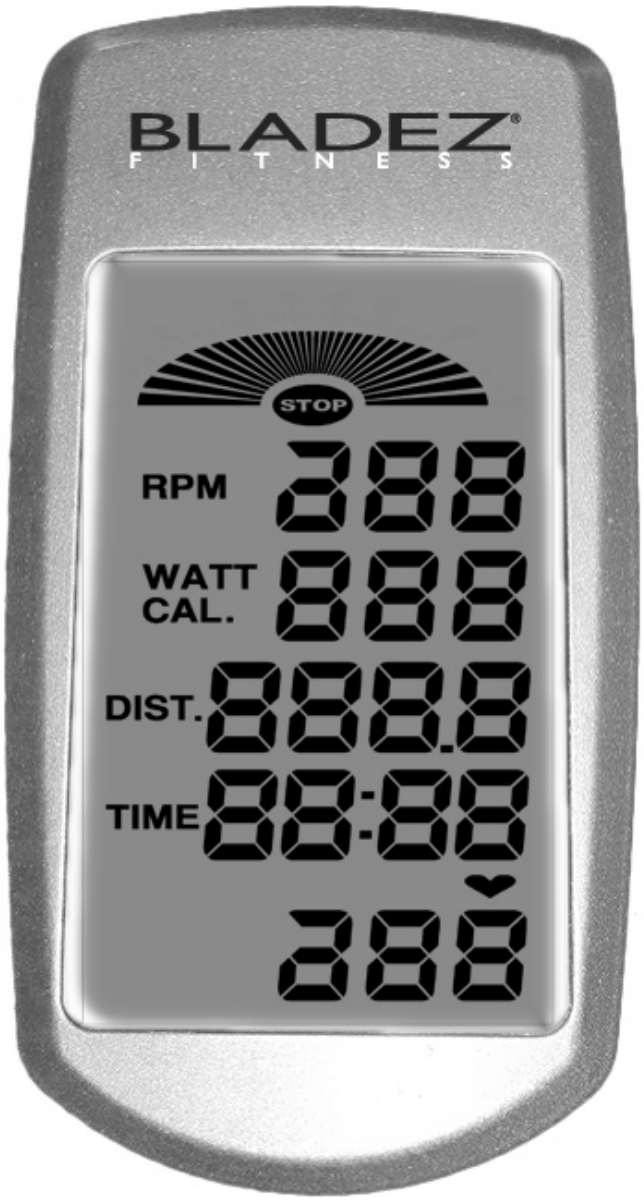
HORIZONTAL ADJUSTMENT OF THE HANDLEBAR

Loosen the L shaped spring knob (74) slightly by turning it counter clockwise. Move the handlebar to a position that is comfortable for doing exercise and then retighten the knob securely by turning it clockwise. (Note: the L shaped knob is a spring knob. If the knob/handle is positioned where accessing it is difficult because it is in a corner, simply pull the knob down and you can then release it to further adjust.)

MOVEMENT & STORAGE

The machine is equipped with two wheels (12). The wheels are located at the front of your machine and make it easier to move it into a chosen position, by lifting the rear of the unit up slightly and pushing it.

CONSOLE OVERVIEW



CONSOLE OPERATIONS

GENERAL:
This console has a LCD which displays; Speed, RPM, Calories, Distance, Time and Pulse (optional).

POWER ON/OFF
The display will show all data upon pedaling. Once pedaling stops, the LCD will blink, displaying the latest data before pedaling stopped. The display will turn off once pedaling has stopped for over 45 seconds.

DISPLAY DATA:

A.SPEED
Located on top of the LCD display. Shows current speed with pointer.

B. TIME
Shows total time of the workout. Range: 00:00~99:59

C. RPM
Rotation Per Minute. Range: 0~140. If RPM exceeds 140, LCD will show STOP for safety reasons.

D. DISTANCE
Range: 0~999.9; Change increment: 0.1 miles.

E. CALORIES
Shows calories consumed during this workout. Range: 000.0~999.9.

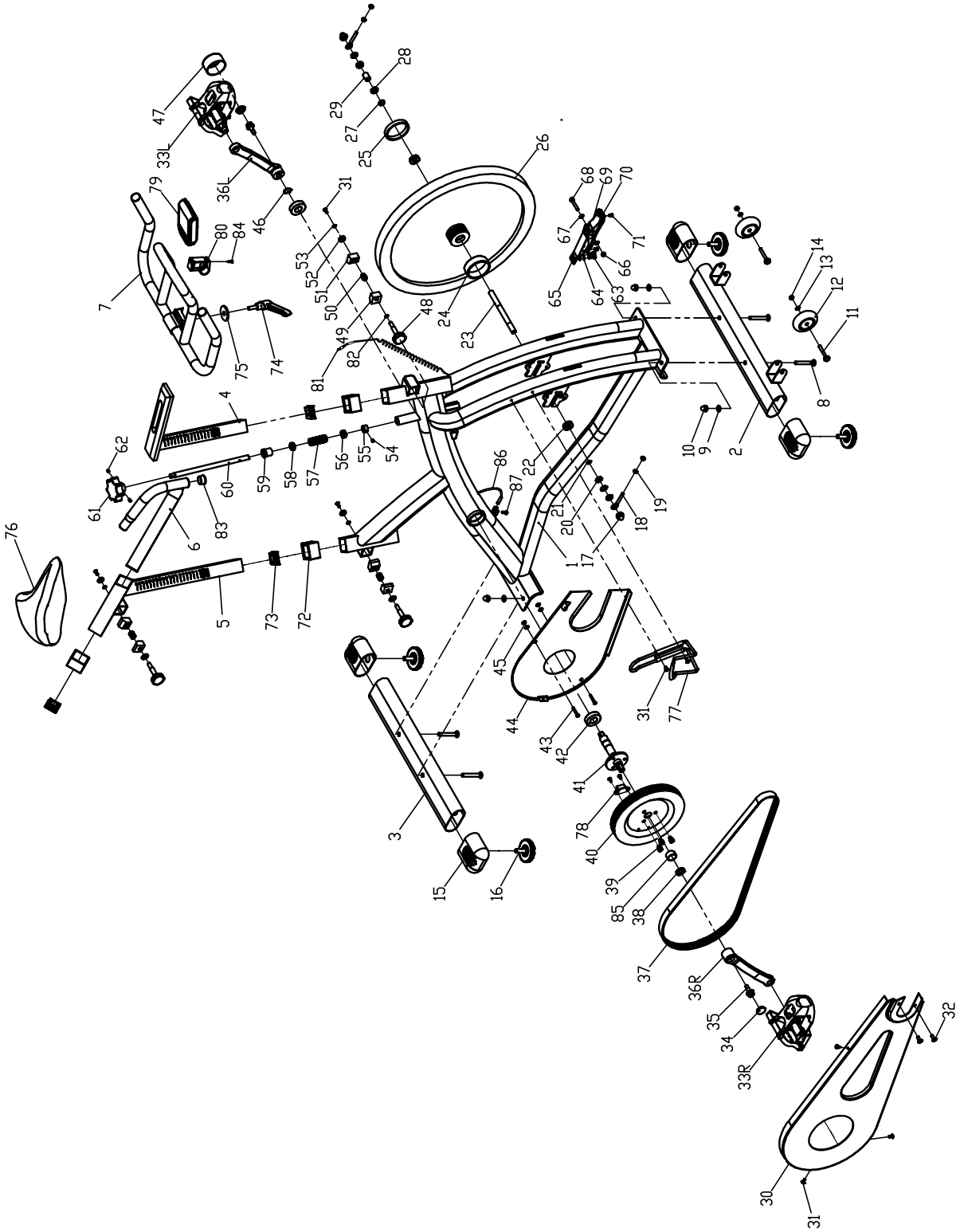
F. PULSE
When using a compatible wireless heart rate chest strap, the bottom of the LCD will show heart rate (chest strap not included). Range: 60~ 240 BPM.

MAINTENANCE & CLEANING

1. Care has been taken to assure that your bike has been properly adjusted and lubricated at the factory. It is not recommended that the user attempt service on the internal components; instead seek service from an authorized service center.
2. From time-to-time the outer surfaces may appear dull or dirty. Following the instructions listed below will restore and preserve the original finish.
3. Clean the handlebars and seat after each class with a disinfectant spray, and remove any sweat from the bike frame.
4. Apply anti-rust to the flywheel every time you clean the machine or at least once a month. Apply a very light coat of oil in the contact surface of the flywheel with brake to avoid rattling noises.
5. Cleaning metal surfaces may be accomplished by using a soft cotton or terry cloth rag with a light application of car wax. Do not use aerosol sprays or pump bottles as they may deposit wax on the console surface.
6. From time-to-time the computer surface may collect dust or finger prints. The use of harsh chemicals will destroy the protective coating and cause a static build up that will damage the components. This surface may be cleaned with cleaning products found in most computer supply stores, specially made for antistatic surfaces. It is strongly recommended that you purchase such a cleaning compound.
7. The safely level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
8. Care must be taken when lifting or moving the equipment so as not to cause injury.
9. The brake pad is most susceptible to wear. Before exercising inspect the braking system for proper functionality.
10. Please check if all warning labels are in good condition and legible. If they are worn or damaged please contact the distributer to order new sticker.

CLEANING: Wipe sweat off the cycle immediately after each workout and then with a damp cloth. Clean dust from the cycle using a damp cloth or towel. Do not use solvents. Use a vacuum cleaner to clean around the cycle. The cycle may be cleaned underneath by laying it on its side. From time to time, check that all fasteners are properly secured and tightened. Check and tighten up all the parts on your unit every three months. Use of this machine with worn or weakened parts may cause the user injury. If you have any doubts about the condition of any part, we recommend that you replace it, using manufacturer's spare parts. Use of non original spare parts may cause injury or affect the performance of the machine.

EXPLODED VIEW DRAWING



BLADEZ FITNESS

PARTS LIST

To order replacement parts: provide your customer service representative with the product model number and the part number located on the Parts List below, along with the quantity you require.

NO.	Description	QTY
1	Main frame	1
2	Front stabilizer	1
3	Rear stabilizer	1
4	Front post	1
5	Seat post	1
6	Seat tube	1
7	Handlebar	1
8	Carriage bolt	4
9	Flat washer Ø8	4
10	Cap nut M8	4
11	Hex nut	2
12	Transport wheel	2
13	Nylon nut	2
14	Flat washer Ø10	2
15	End cap	4
16	Leveller M10	4
17	Cap nut M12X1	2
18	Tension bolt	2
19	Hex nut M6	4
20	Hex nut M12X1	4
21	Washer Ø12	1
22	Bearing	2
23	Axle	1
24	Protection cover 1	1
25	Protection cover 2	1
26	Flywheel	1
27	Bushing Ø15XØ12X6	1
28	Hex nut M10X1	2
29	Bushing Ø15XØ12X16	1
30	Inner chain cover	1
31	Bolt	10
32	Bolt	2
33	Pedal	1
34	Protection cover for crank	2
35	Flange bolt	2
36	Crank	1
37	Belt	1
38	Locking Nut M17X1	1
39	Hex bolt	3
40	Belt wheel	1
41	Axle	1
42	Bearing	2
43	Screw	2
44	Outer chain cover	1

NO.	Description	QTY
45	Nylon washer	4
46	Clamp spring	1
47	Cover for axle	1
48	(A, B, C) Knob M10X46	3
49	Aluminun blocker 1	3
50	Spring Ø12.5XØ1X16(5)	3
51	Aluminun blocker 2	3
52	Plastic washer Ø6	3
53	Washer Ø5	5
54	Inner hex bolt	1
55	Dome nut	1
56	Hex nut	1
57	Spring	1
58	Bushing M12	1
59	Nylon bushing Ø19.4XØ12	1
60	Brake bar Ø12X240	1
61	Brake (tension) knob M10	1
62	Inner bolt M5X6	2
63	Bolt M5X14	2
64	Washer	2
65	Brake bracket	1
66	Nylon nut	1
67	Washer	2
68	Hex nut	1
69	Aluminum brake	1
70	Brake pad	1
71	Bolt	2
72	Sleeve	3
73	End cap	3
74	L shaped knob	1
75	Washer Ø38×Ø10×4	1
76	Seat	1
77	Bottle holder	1
78	Sensor magnet	1
79	Computer	1
80	Computer holder	1
81	Computer cable	1
82	Washer	3
83	End cap	1
84	Screw	1
85	Bushing	1
86	Sensor cable	1
87	Screw	1
	ø = Diameter	

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This warranty does not apply when the equipment is used commercially or for rental purposes.

This warranty gives you specific legal rights and you may also have other rights which vary from state to state.

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